

HNIMR – EXTENSION ACTIVITIES

A Training Workshop for Personality Development

A Workshop on "Personality Development with Energy Techniques"

for

**Residential Girls (8th and 9th Std.) of Vanvasi Kalyan Ashram Shala
of Maharshi Karve Stree Shikshan Samstha, Kamshet, Pune**

Dates of Workshop: 25th February 2019

Time of Workshop: 1 to 6 pm.

➤ **Learning Objectives of the Course:**

- To create awareness among Students about strength of Meditation and alternative healing techniques in day-to-day life and personality development.
- To enhance confidence of Students with different meditation and alternative healing techniques
- To add value to holistic personality development of Students with hands-on experience of above methods

➤ **Learning Outcome:**

- Students will get aware about simple and easy techniques of Meditation and alternative healing methods.
- The exercises will be enabler to help Students overcome their known / unknown fears, ignite "Self-awareness"
- Value addition to Student's holistic personality development process.

Content of Workshop:

1. Positive Attitude
2. Peace of Mind Exercise
3. Meditation and Breathing Exercises

Team of Workshop:

- **Training Workshop Designer & Implementer** : Dr. Purushottam K. Pisal, Mind Trainer
Six Sigma & Advanced Control Inc. USA
- **Coordinator & Trainer** : Dr. Suvarna Dhamdhare, Faculty, HNIMR
- **HNIMR Team Members** : Prof. Prashant Mamarde and Prof. Ganesh Lotke

Dr. Jagdish Pol
Director

Dr. Suvarna Dhamdhare
Faculty Coordinator

